## Why do I Prevent Type 2 Diabetes?

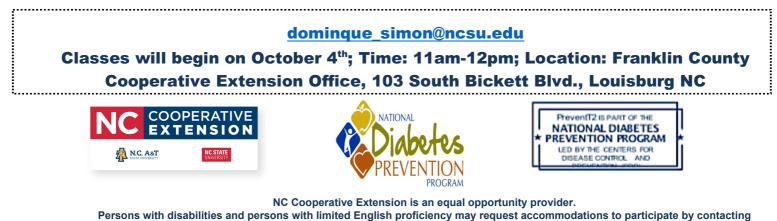
I love being out in my garden. So when my doctor told me I had prediabetes, I knew preventing type 2 diabetes had to become a priority.

1 out of 3 American adults has prediabetes. If you have prediabetes, you can make changes now to improve your health and prevent type 2 diabetes. The Diabetes Prevention lifestyle change program can help you lose weight, become more physically active, and reduce stress.

With the Diabetes Prevention Program, you get:

- A proven program to prevent or delay type 2 diabetes
- A trained lifestyle coach
- A year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months

Join the Diabetes Prevention program - so you can keep doing the things you love.



Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Dominque Simon at 919.496.3344 or email dominque\_simon@ncsu.edu or fax 919.496.0222.